

Woman's World

CASSEROLE COOKERY

By MARION HARRIS-NIEL, M. C.

Casserole cookery is becoming exceedingly popular at the present time. Earthenware cooking utensils are light and clean to use, they impart no disagreeable flavor to the most delicate of viands, they are handy to use, the actual cooking is effected slowly and more evenly, consequently less fuel is used in cooking. They do not tarnish, rust or stain, and do not, therefore, affect the contents cooked in them. Food cooked in earthenware or stoneware casseroles is usually served up in the pots or pans in which it is cooked; this is economical as well as convenient.

Pears en Casserole.

Eight stewing pears, half a pound of lump sugar, half a cupful of water, one cupful of apple puree, the grated rind of one lemon, one heaping tablespoon of granulated sugar, two tablespoons of cake crumbs, a few rings of angelica, two whites of eggs, and a few croutons of bread. Make a sirup of the lump sugar and the water. Peel the pears round and flavor with lemon rind, leaving a small piece of the stalk on, and stew gently in the sirup till tender. Fry the croutons of bread in a little hot fat such as butter, and add to the apple puree, also the cake crumbs.

Place this mixture into an earthenware dish, and then the pears, stalks upwards. Whisk the whites of eggs stiffly, put it in a forcing bag with plain tube and pipe it round the pears, dredge with the granulated sugar and ornament with rings of angelica. Brown in a hot oven for about five minutes and serve in the casserole.

Turkey en Casserole.

Remains of turkey, one tablespoonful of butter, one tablespoonful of flour, two cupfuls of stock made from the bones, a sprig of parsley and thyme, one small onion, the rind of one orange, salt and pepper, and if liked, a wineglassful of port wine.

Make the stock by boiling together the bones and trimmings of the turkey, the onion, herbs, orange rind and water. These should cook for three-quarters of an hour. Melt the butter in a saucepan, stir in the stock, stirring it well all the time. Let it boil, then add the seasonings and wine. Cut the turkey into neat pieces, put it in a casserole, pour over the gravy. Put the lid on and let the meat heat very gently, on no account let it boil, or it will be hard and tough. The meat should cook in the gravy for at least half an hour, so that it may be well flavored. Serve in the casserole.

Oysters en Marmite.

Two dozen oysters, one tablespoonful of butter, one tablespoonful of flour, yolk of one egg, one gill of cream, one gill of milk, a blade of mace and half a lemon.

Have ready eight or ten small marmite. Melt the butter in a saucepan, stir in the flour, then add the oyster liquor, the milk, a little salt, and a few drops of lemon juice. Stir over the fire until the sauce boils; take out the mace and see that the sauce is nicely seasoned; then stir in the cream and the beaten yolk of egg. Put two or three of the oysters, according to their size, in each marmite, pour over the sauce, and put the marmite in a moderate oven for about eight or ten minutes. While they are cooking, cut some thin slices of white bread, stamp them out into neat rounds, and fry them a golden brown in hot butter. When the oysters are ready lay one of these croutons over the top of each marmite, and serve them at once with slices of cut lemon.

Hot Pot.

One and a half pounds of the best end of neck of mutton, two sheep's kidneys, six oysters, one and a half pounds of potatoes, one and a half pounds of onions, one pound of Spanish onions, one tablespoonful of butter, one cupful of stock, salt and pepper.

Cut the meat into neat, small joints, trimming off all but a thin rim of fat. Wash and peel the potatoes, then half cook them in boiling salted water. Peel and slice the onions. Skin and core the kidneys, and cut each into six or eight strips; also cut the oysters in halves. Fill the casserole with layers of, first, meat, next, kidney and oysters, then onions, slices of potato and seasonings. The top layer should be of either halves or quarters of potato. Pour in the stock, put the butter in small pieces on top of the potato. Put on the lid and bake in a moderate oven from two and a half to three hours.

For the last half hour take off the

lid, so that the potatoes may get nicely browned. If the gravy seems drying up too much, add more stock, and just before serving pour in a little more stock. Serve in the casserole; this will insure the stew being really hot. If more convenient, the potatoes need not be partly cooked beforehand, but in this case the meat sometimes gets rather overdone if the potatoes used happen to be slow cookers.

Steak Pie en Casserole.

One pound of round steak, two sheep's kidneys, three heaping table-spoonfuls of chopped suet, one cupful of flour, half a cupful of brown stock, two eggs, four table-spoonfuls of milk, two heaping table-spoonfuls of butter, two table-spoonfuls bread crumbs, half a gill of sherry wine, seasoning of salt, pepper and paprika, and one onion. Cut the meat into thin slices, also the kidney (skinned), thickly sliced, put them in flour, which has been seasoned with salt and pepper, and make into rolls. Chop the onion and fry it in the butter in the casserole, then fry the seasoned rolls of meat, add the brown stock and sherry. Simmer slowly for fifteen minutes. Next prepare the crust. Chop the suet finely and add to the sifted flour; mix into a paste with the milk and one egg, add a little paprika, pepper, and lastly incorporate a stiffly whisked white of egg into the paste. Place the mixture on the steak and cook in a moderate oven for forty minutes. Serve hot in the casserole.

HOUSEHOLD HELPS.

Rust on steel can be removed by rubbing sweet oil well into the surface. Let it stand two days; then rub the steel with emery until the surface is clean.

In cleaning wall paper with bread crumbs, use two days old bread, in small pieces, clean with downward light stroke. Never go over same surface and never work horizontally. Cut away soiled part of bread continually.

When gas mantles are blackened they can be cleared by sprinkling with salt when flame is turned low, turn light full for a moment and repeat until clear.

Try mixing flour and water for thickening with a fork instead of the usual spoon. It is less likely to turn lumpy.

Iodine stains on woodwork as they make an ugly spot. Soak up with blotting paper, then rub the spot with a soft cloth moistened with camphor.

As housecleaning time approaches do not forget the use of dampened cloths in furniture cleaning. Dust is easily removed in this way without streaking woodwork or filling lungs.

To beat furniture put damp unlined cloths over the upholstered parts and beat until it is black with dust, and then turn to other side. Continue with fresh cloths until no more dust shows.

Learn to know what damp means—especially when used upon polished woodwork. Think it means wet and you will be reviving valuable information as "newspaper rubbish." Dip a cloth in hot water, wring it as hard as you can, then shake it in the air and it should have about the right amount of moisture.

For convenience in dish washing have a rubber scraper, also a chain mop for greasy pots. Dark crash dish cloth should be supplied for pots and pans, and the use of dish towels for bidden for this purpose.

A BON VOYAGE GIFT.

A delicately suggestive, as well as acceptable bon voyage gift, is a box of correspondence paper. For foreign use there are gray white sheets, accompanied by gray or metal blue tissue lined envelopes, pure white, with envelopes lined with clan plaid, and various colors with double-faced envelopes of a contrasting shade.

Ultra smart are the pale gray dainty stationery, having envelopes lined with a darker shade of gray, the French lawn in pale tan and dull blue and the squares of white fabric which fold into their casings.

For quite small children there are special sizes in dainty and lawn sheets, which fit into envelopes of from one and a half to two inches.

The correct way of presenting a stationery gift is to place it in a cabinet of cretonne, pliskin or silk, which, emptied, will answer perfectly for handkerchiefs, ribbons and gawags, and will continually serve to remind the possessor of the donor.

HEALTH AND BEAUTY.

In Germany it is illegal to have an infant sleep with an adult, and the

wisdom of the regulation cannot be questioned.

Dissolve a tablespoonful of bicarbonate of soda in your bath. It will neutralize the odor of perspiration and is cleansing and cooling.

Eye strain and inflamed eyelids are two of the most unavoidable results of a holiday in the sun. Bathing the lids in a more or less diluted tea will eradicate the redness while rest in a darkened room with a bandage of cool tea leaves placed across the eyes will relieve the strain.

Walking is one of the best abtunt exercises. It develops almost every muscle in the human body. Horsewomen are no longer in the majority with persons who seek a healthful exercise. It is also fashionable to walk, and the fad of the day is to swing along a smooth country road, breathing the fresh air and getting an outdoor bath. Teachers, physicians and parents are encouraging the fad with all their power. Walking cannot possibly be harmful. It is wholesome, inexpensive and a beneficial means of exercise. The popularity of walking this fall has been assured, although many women differ somewhat in their ideas of pedestrianism and the practical side of it. A girl making ready for her afternoon tramp over the hills should don a one-piece costume, blue serge being one of the best materials, made with a natty blouse and short skirt. High button shoes are the best for walking, protecting the ankles. The hair is tied with a black ribbon and a wide-brimmed straw hat completes the costume.

EASILY-MADE CORSET COVER.

For the girl who can do neat sewing, but cannot fit or shape, an easily made underwaist is cut on the straight breadths of material.

This is cut deep enough to reach from waist to bust and full enough to slip on overhead when the ends are sewed together.

Trim top of lawn or nainsook with rows of German Val insertion, set a half-inch apart. Three rows as insertion and a lace edging is a good effect. For simpler waists the one row of insertion and lace can be set on top of the material, thus avoiding the cutting out.

Turn up bottom of cover for a casing or finish with lace heading or with a row of insertion stitches on each edge, to be used as a casing.

Rows of embroidered dots or eyelets or delicate vines in satin stitch embroidery are pretty worked in the spaces between insertions. To finish insertion stitch on right side by machine, using a fine, close stitch and one hundred cotton. Cut away material, leaving about an eighth of an inch on each side of stitching, turn back and stitch again on right side. Trim off frayed edges.

This corset cover is held on by ribbon bands over shoulder, or more dainty bands of insertion, cut to button on top of shoulder with tiny lace buttons.

SUGGESTIONS FOR

THE HOUSEWIFE.

Tan leather boots can be nicely cleaned with turpentine. Pour a few drops on a wooden cloth and rub.

To clean tight kid gloves, slightly dampen a soft cloth with milk and gently rub the soiled parts and afterward dry with a cloth.

Orange peel burnt in a room will destroy a close foul smell. Place the peel in a shallow pan and let it burn for several minutes.

Sawdust and a chamois leather as polishers, after cut-glass has been thoroughly cleaned in hot soapsuds, will make it glitter and sparkle.

A few drops of turpentine sprinkled where cockroaches congregate will exterminate them at once, while it will also rid you of red and black ants.

Stains in table linen may be easily removed by plunging the articles in pure boiling water. Soap and water will have the effect of fixing the stains.

Cracks in walls may be filled up with plaster of paris. Mix this with vinegar instead of water. It will then be like putty and can be used with ease. If mixed with water it hardens so soon that it is very difficult to use it quickly enough.

A housekeeper says that before blacking the stove she rubs soap on her hands and lets it dry. This seems to prevent the polish getting into the pores, and after blacking the stove the hands are easily washed clean.

Sew small brass rings to the corners of the curtains where they touch the floor. Next screw small brass hooks to the window frames. The curtains can then be fastened high up from the floors on the days the room is "turned out" for sweeping, without

the use of pins, which often cause damage to draperies, as well as to fingers.

The white of a raw egg is the most satisfactory of pastes. Papers used for covering down jam will hold securely and be quite airtight if brushed over on the inside with white of egg. White of egg is also useful for mending glass or china ornaments, but, of course, it will not stand water. Still, it is not always necessary that a cement should do this, and white

of egg has the merit of being quite unobtrusive when dry.

The best way to wash a skirt of tan-colored linen is to plunge it in water in which a handful of bay leaves has been boiled. When the skirt has been washed in the prepared water—which should be warm, not hot, when used with a good white soap—it must be thoroughly rinsed and hung in the air to dry. If a little stiffening and gloss are desired, two table-spoonfuls of starch should be added to the rinse water, and the skirt should be ironed while damp.

Mary O'Loughlin, the Boston girl, 16 years old, who has won many prizes at swimming and diving, says that the secret of being a successful diver "is to be quite as willing to be

under water as on top of it." The child's swimming and diving at the best of sports and says: "I think that diving is to swimming what the chimney is to a house—the best part of it. I don't mind being under water one bit. I just want to come up for a breathing spell, that's all. It is great fun. There's nothing like it. The splash in the water and then the rushing water overhead. The rushing high jump is my favorite, because the impetus gained in the run sends you farthest down. It's the fat girls that have the easiest time in the water, but I guess it isn't fat that helps me, but it's just that I love the water. Swimming and diving make a girl healthier and stronger and I believe that the salt water and the sun keep lots of sickness away."

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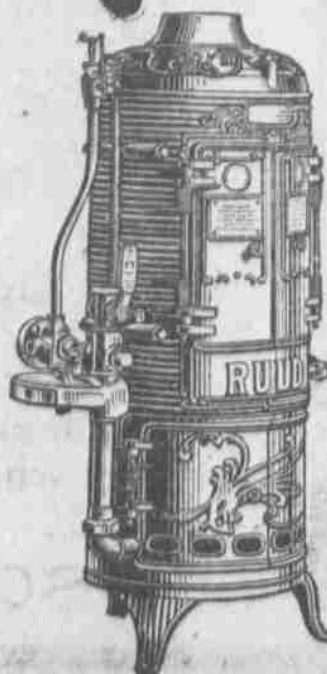
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